

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you had a time machine, would you go to the past or the future?
Why?



"I would go to the past to meet historical figures. Living in the wilderness, and experiencing the music of that era would be cool."

Eric Kink,
first year
bachelor of community and
educational studies



"I would go to the future to see if I could change anything that might happen."

Jessica Jordan,
first year
pre health sciences



"I would go to the past because I want to be a child again."

Layla Hamstead,
first year
bachelor of science
information

"Past, to see what it was like in the country I used to before moving to Canada when I was twelve. Or to experience the '60s."

Hermes Mbejila,
first year
general arts/science



"I find the 16th century really interesting so I would go to the past."

Paige Graham,
first year
pre health sciences

"I would go to the past to fix a lot of my mistakes, and maybe to be more dedicated to school."

Wendy Kozmin,
second year
bachelor of science
specialist



Sofia Kozmin, pre health sciences and specialist

FELBERT CARTOONS



By G.A. Brown



By G.A. Brown

Exhibit answers questions about quantum computing

• Community spotlight

World as **THEMUSCUS** is a science-themed evening event sponsored by notable personalities including Chief Justice the longest major in office as **Kitchener** and **Barrie** (The **pp**) Minister for Small Business and Tourism and **MP** for Waterloo. There were a range of activities at the exhibition as well.

A video message from Prime Minister Justin Trudeau was played. He mentioned how important it is for Canada to embrace our scientific and technological for the betterment of the world because "Canada has always been a nation of innovators."

Stephen Hawking, a well-known cosmologist and physicist, also sent a video message for the exhibition.

"I am delighted to announce you to the launch of Quantum - The Exhibition at **THEMUSCUS**" he said.

He outlined the importance of quantum computing by saying "Quantum computers are potentially more powerful than our computers."

David Marshall, the CEO of **THEMUSCUS**, welcomed guests to the event. "Our board has five high level strategies for the organization and a couple of them came together as the exhibition was created and I am really glad you are all here today. We want to see you in the community and work with the local schools like with universities and colleges such as Conestoga College."

The exhibition opened after 10 months of hard work by the professors at the Institute for Quantum Computing, the federal government and **THEMUSCUS**.

The exhibition covers a total area of 1,000 sq. ft. and includes various interactive displays to help visitors understand more of the basics of quantum computing.

Some of the key concepts represented by the models were those of bits and bytes. Our conventional computers

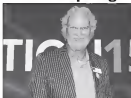


Photo by Jessica Jordan

David Marshall, CEO of **THEMUSCUS**, invites his guests to Quantum - The Exhibition on Oct. 31 in Kitchener.



Photo by Jessica Jordan

Benjamin Lillo, a chef at Chateau Group Associates, talks to visitors about multi-food options at the exhibition.

can use the form of storage to store information but lots of energy is wasted thus heating up the device. Also, there is a limit to the amount of energy available. Quantum computing aims at making it impossible to exhaust the storage capacity of your device. To do so, the Institute of Quantum Computing has built the world's largest quantum computer at 12 qubits.

Some of the most significant applications of quantum computing is in the field of finance. With the help of

this technology, it is now possible to detect errors in the early stages. For example, in the stock market, it will be possible to measure blood sugar levels without having to take a single blood sample.

A model of time travel, the relativistic, was also on display. It gave visitors an idea of how it would feel to travel through time.

The last thing that stood out was the format of the exhibition. It was designed for the common person with not a single equation on display.

See Me. for who I am

BY KATHARINE BOWLING

For the *See Me* film, the people like it they are. It's important to look past what someone looks like on the outside.

That is exactly what the *See Me* film, project is doing. It is shining a light on people who are misunderstood different or special.

Hilary Donald-Cumfere got pulled onto this project a year ago not knowing what it meant, she ended up loving it and taking it to a level that no one ever expected, but always anticipated.

The Waterloo Regional Down Syndrome Society (WRSOSS) started this project as a way to help educate people with Down syndrome and help them to feel important. The volunteer called 30 days 30 faces in how it started. Through time with the models and team editing the photos Hilary realized that the project wasn't just about shining light on people, young and old alike, with Down syndrome but rather seeing them from the inside out. She wanted the project to be more than just photographs, and that was when she took the idea of *See Me* film. This is the 30th year for the 31 days, 31 faces calendar and the first year for the *See Me* project.

October is Down Syndrome Awareness Month, and starting on the 1st, 30 different faces were posted on Facebook for the *See Me* project.

Heading in age from four months to 64 years old, all of the people who were part of



PHOTOGRAPHY: HILARY DONALD-CUMFERE

Renee Napper and Chase Bowditch took part in the *See Me* project, which showcased people with Down syndrome. They are two of 32 faces that were posted for the project.

this project had a different story to tell, and created the world to be.

"Let's be honest, in 30 different ways and maximum face as an actor, while simultaneously representing his uniqueness," said Cam

Reuter, a father whose son, Chase, is on the project.

The project doesn't end here though. These people deserve to be seen and their stories deserve to be heard your round, and they can be with the new calendar being made and sold.

Another one of the 31 faces is Renee Napper, who is one of the most amazing children I have ever met, she was an outstanding student, an absolute character. With her back with curls and her hair, her confidence, the only thing that makes her different from any other 13 year old girl is the fact that she was born with Down syndrome.

Nicholas Popovitch, a member of the Voice of the Public Committee of the WRSOSS, once said, "The world needs variety in every sort of thing; there is the same with people. I would sooner say to the people: Change your definition of normal. Make it bigger because we all are all being, we all contribute."

Living with someone who has Down syndrome is one of the most difficult yet rewarding things anyone could ever dream of. My 12 year old son has the genetic disorder, making me connected to this project. He just recently moved into my home, and I never expected it to be as rewarding as it is.

It is difficult because it can sometimes get frustrating when it takes him 20 minutes to do something it takes me five minutes to do. It is difficult because I have to ask him to say the same thing 30 or even times because I can't always understand what he is saying. It is difficult when I see people look at him like he is some sort of monster when in reality he is a more special than they could ever even imagine being.

It is rewarding in a sense

that if I ever meet anyone to make me smile, he is there. Remembering in a moment that he doesn't know children the way that you and I know adults, he has such a positive outlook on his. Remembering in a sense that he knows he's different and he knows the things that make him different. Remembering in a sense that he is not afraid to say he is unique. He knows his weakness.

44 Change your definition of 'normal' ... we all fit.
— Nicholas Popovitch

The *See Me* project has brought with it a huge weight, a weight that has been lifted off of many shoulders, most included. Renee's mom, Barbara, has felt that weight lift off her shoulders as well.

"I was so excited to hear that Hilary was taking this project to a new level," she said. "She doesn't have a child with Down syndrome and when people have seen what she is doing, maybe they will be able to understand and see my daughter like she does."

The 31 faces posted in the last 31 days will now share a little longer. Their names and photos will have something the y can be proud of as parents. The names will have a little bit of a water edge and a stronger heart toward people with Down syndrome.

To see this project in its entirety, visit www.seebooks.com/SeeMeProject2013/ or www.seebooks.com/SeeMeProject2013/

WHAT IS DOWN SYNDROME?

Down syndrome, also known as trisomy 21, is a genetic disorder resulting from a difference in the genetic makeup of a human being. They have a little bit more than we do, they have an extra (or part of an extra) 21st chromosome. This disorder is connected to things like extra in physical growth, differences in physical features (like facial characteristics), and intellectual disabilities. It is one of the most common chromosomal abnormalities.

Typically, the parents of a person with Down syndrome are genetically what is considered, normal, the extra chromosome is completely random, as far as anyone can tell, and although someone has more a long way there has not yet been a cure found for Down syndrome.

In Canada approximately one in every 100 births result in the birth of a child with the genetic disorder which means there are about 45,000

Canadians living with Down syndrome right now. That is less than one per cent of the total population.

Down syndrome goes back as far as AD 300, according to paintings and drawings that have been found that accurately the prominent facial features of someone with the genetic disorder. It was fully described by British doctor John Langdon Down in 1862 and was officially classified as trisomy 21 in 1905.

Throughout time, the treatment of people with Down syndrome has greatly improved, so much so that in the last 50 years the age expectancy of people with Down syndrome has increased from 25 to 60 years. Consequently, like the Canadian Down Syndrome Society (CDSSS) has made it easier the parents to question to get the help and information they need to care for a child with the genetic disorder.

YOU MAKE ME WANNA THROW MY HANDS UP AND SHOUT!



PHOTO BY NICHOLAS POPOVITCH

With Benito directs the 23rd and musical director of the *See Me* film, Chase, much passion in the basement of Waterloo, Northcote Church every Wednesday from 2 to 3 p.m. For more story, visit www.seebooks.com

Clown coverage must end

BY ISHLANE FLEMING

It's time the media circus moved on, and the clown coverage must cease. What started as an isolated incident in August has now spread to more than 20 states and other countries such as Canada and the UK. The media seems to follow the media about what is going on around them. In turn, this helps people to be aware and protect themselves from threats they may read in their area. At the same time the media, although sometimes not intentionally, actually creates an over-the-top threat by sensationalizing small incidents.

The first clown sighting recognized by the majority of the "movement" happened in the end of August in South Carolina where someone in a clown costume was reported trying to lure children into the woods. This was a legitimate threat that needed to be reported for the sake of local parents' awareness. Following this event, many politicians showed up in costumes and named people. These politicians did not divert the attention they have been given and it is this that has helped to perpetuate these acts.

The media is not the only one to blame as social media has also helped the clown circus to grow. All kinds of clown sightings unless have surfaced showing the existence of clowns being harassed by clowns. Many of these have gone viral.

Most of these clowns are harmless attention seekers, the problem is the ones who do actually mean harm. The added problem is that the media makes it hard to read body language or facial cues. Someone is either going to get hurt by a clown, or end up having a clown playing a prank.

The media is right to report legitimate threats as the goal of public safety. But many of these clown sightings are just pranks as someone trying to scare others for giggles. On Halloween this is expected, but it shouldn't be something that is a repeating story day.

What we see and hear about in the "famous" social media, shows coverage is ignoring the clown, rather than discussing them. This most responsible thing media could do is stop trying to stop talking about it. When the constant coverage stops, so will the clowns.

The cartoon below represents the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered for publication. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 2000 Nelson, Kitchener, Ont., N2G 4M4.



Halloween Starter Kit, 2016 Catalogue



Fortunately Canadians don't have to see multiple Trumps and Clintons this Halloween.

Where is the policy in politics?

Policy is, or at least should be, the heart and soul of politics. Why else would we send hundreds of people to Ottawa every four years to make decisions for all of us? That is surely the case. Other political issues must be put aside when we consider the problem. In Canada, we have that as Trudeau states part two. To our nation is the mouth of the leader. It is on full display in the clown between Hillary Clinton and Donald Trump.

Trump is no more in age of course. His campaign's main program is the only issue will along the border with Mexico. He is supposed to stop illegal immigration, which experts agree it will not. Since we need the certainty of his plan to make Mexico pay billions of dollars to construct it.

Clinton is little better, which is surprising for a candidate who has been in the political world for the majority of her life. During the last, I debate the age of most of her time explaining to America how making Trumps personally on, as if it were not already done.

In Canada we often like to



Scott Hamilton
Opinion

think we are immune from the dangers of American politics. Sadly we are not. Shortly after the Liberal's were elected with a majority in 2005, I was convinced that "Canada is back" — three words which sound nice when used together but have little substance.

“... I can't even blame politicians for being so light on policy, it's not their fault, it's ours.”

The worst thing about all of this is that I can't even blame politicians for being so light on policy, it is not their fault, it is ours. Either way be treated like adults and be

real when the plan is the nation is so much to be added, to be measured that Ottawa come about our local issues, as that people should think of Canada as your leaders and not personally. The truth is that many people around the world don't like much of anything about Canada, other than that the people are just so good down and that they live in a free world.

So to them up, hope the policy to make a return to politics? In the United States I don't see much chance of that in the near future, but in Canada, there may be. The most for the Conservative leadership has resulted in a number of policy proposals, many of which are wrong attempts at grappling with issues. Of course there is still the popular election of John Kerry. Let's make a mistake about something someone like "Canadian" voters.

On a whole I think there is reason to be hopeful that in the next election, in this country or not, there may be more talk about the issues affecting our nation than Trudeau's has.

SPOKE

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Kashmir – the lesser known tragedy

There is a piece of land in South Asia which has been described by many as "jannat-ah-nabi on earth." However, the immediate adjacent to it is described differently. There are big mountains with even bigger chains on that piece of paradise. While China and India sit at their integral part, Pakistan calls it its popular area. Amidst of all these claims, Kashmir stands, and it has been knowing for more than six decades now.

The present state of Kashmir found itself in turmoil ever since the Partition of India in 1947. When the British decided they had had enough of their expedient adventures in the subcontinent, they wanted from countries by literally drawing a line on a map. To speak of the mountain and other things would require a number of books and still not its justice to the events. It was at this time that all prosperity status in the region, which had their own rulers and were capable of making subject directly were given a choice in accordance to either of the two newly created states or to be independent. Three states were Hyderabad, Jammu and Kashmir. While the two former ones moved to India, the partition on earth was torn apart. It belongs to everyone except the Kashmiris.

The history of Kashmir from Shah, was the Hindu ruler of the Muslim majority state of Kashmir. When asked to make the decision the last state he could not do so. What he did was to sign an interim "standstill" agreement to maintain current services including transport with Pakistan. India was still in the decision collapse in



Shabir Parvez
Editor

the region which would also have more with Pakistan. But many other factors had moved, among other things in the British suggested a plan to give the power to choose to the Kashmiri people. India decided to keep its army at this time which influenced the Pakistan authorities to, as was said, to hold.

Rain broke out in which all communities suffered more losses of lives and property. In a Hindu-Muslim, Sikh-Muslim, nobody was spared from the bloodshed. The delay in making a decision by Hari Singh led in the invasion of the Kashmir valley by Pakistan's soldiers in October 1947. The Malhotra ended up making the mountain from the Indian army and a full-fledged war started in the valley.

When all this turbulence, Lord Mountbatten, a British Viceroy in the Asian subcontinent, proposed that in order to obtain peace, Kashmir should join India on a temporary basis. Hari Singh agreed and signed the Instrument of Accession. Hence ending control over defense and foreign policy to India. Until this day Pakistan believes the Malhotra was forced to sign the agreement due to the pressure of the Indian army in the valley.

The result was a brutal war of events which led to the division of Kashmir as not just last three parts. Two



This map shows how Kashmir is controlled by its neighboring countries.

major wars between India and Pakistan followed. A Line of Control was established with international help and a ceasefire declared but rape, murder and other atrocities are a daily norm.

A war between India and China also broke out over the Aksai Chin area in the 1950s which led to China's "victory." Yet another war broke out between India and Pakistan in the late 1960s over the Shachin Glacier which could not be decided by the Line of Control due to its challenging geographical position and was still a free zone to control the area. The current geographical situation has Kashmir divided in four parts: India has Indian-administered

Kashmir Jammu and Ladakh with the latter contemplating the formation as one separate Buddhist state. Pakistan has Indian Kashmir Gilgit and Baltistan. China has Aksai Chin, and the Kashmiri people have made it a daily issue.

Thus in a short summary of events that have occurred for the past six decades. For all of this time, the UN and the UNHCR have tried unsuccessfully to resolve this issue as peacefully as possible. The Muslim majority regularly hold pro-independence and pro-Pakistan protests.

India, on the other hand, maintains that Kashmir is not its own territory. My only concern is, if there is no such statement and they would have to agree with India why as the Indians enjoy staying in a system of state of affairs as a nation of people who already want to be part of India? Why is it easy to overlook the fact that these people have little food, infrastructure, education and money? If Pakistan cannot do the right thing, its responsibility for the lives of Kashmiri, should Kashmiri want a final governmental statement advocating for the independence of Kashmir?

Until it is high time that the nation learned about killing people in a daily basis as the story mentioned that the pleasure of knowing you have captured a piece of land? I cannot comprehend how any one can live a normal life knowing they have raped a three-year-old or killed a human

being.

The same form of human rights is to not allow people to destroy themselves. This kind of war has a history of war, moral politics which have killed thousands of Kashmiri. But there is no one from the international community speaking up. The entire world is also ignoring the fact that these people were supposed to be used as Standard Operating Procedure about calls for the targeting of protesters as extremely reliable evidence had according to the UN, more than 90 per cent of all reports being reported are about the war.

It is time for the Pakistan and Indian authorities to think of the bigger picture to think of humanity. To think of these very own children and their loss as addition to the night of the Kashmiri. It is in their desperation that I have written this poem. All the time I have had hope that Kashmir is my care.

All I am trying to know, as the darkness grows, as I see the world with me, as I see the world with me.

Trying to find, trying to find where I belong.

Oh, jobs of the stars who have no tiny little thoughts made a dream.

And the path that led me to this place, yellow desert, rain.

My Shagun in the heart of the memory room, I will return again.

Here is the fact that those high in power were never through Kashmir.

CALLING ALL PROSPECTIVE FEMALE ENGINEERS



PHOTO BY SABYR PARVEZ

While attending the annual 50th Girl event at Cambridge College's Cambridge campus on Oct. 25 with us three final kids, which was to make a list with eyes that it is up for the next day. girls were speaking on the



PHOTO BY MATTHEW BRANDELL/STAFF

To keep their culture alive, these Indigenous dancers take part in a traditional ribbon-picking dance representing one of their biggest exports during Conestoga's Cultural Diversity Week.

Conestoga celebrates diversity

BY MATTHEW BRANDELL/STAFF

Conestoga's Cultural Diversity Week kicked off Oct. 17 with the lighting of a drum. That, according to Miyaang Henry, manager of the college's Aboriginal Services department, symbolized "the four nations who came meeting here on this land of this center."

Henry said the four nations

are the four people of the land, white, black, yellow and red. Henry and Lauren Blank, the Student Life program manager of community activities, addressed a packed crowd, both upper- and lower levels, on Oct. 17 discussing ongoing relations with the First Nations people of Conestoga. Henry spoke about the importance of First Nations rights

and history while also promoting the new nation studies course he now teaches at the college. He used four drum beats to represent the four nations coming together in his closing speech.

Cultural Diversity Week is hosted once a semester by Student Life and Conestoga. Students from diverse run all day throughout the week in "The Village and the lower stadium." The events are designed for students passing through as they can grab some inter-national food and enjoy the multicultural, multi-cultural traditional dance and song.

"We also acknowledge that there are many communities that experience marginal-

ization, discrimination, and oppression," said Blank, "and in partnering with our Blackest Community we will continue to strive to be an ally for other communities such as LGBTQ+ and people."

Conestoga students more than 3,000 international students representing over 70 countries. The week promises more than just fun activities and delicious food, it also allows international students to feel welcomed in the community by seeing their truest selves.

Around the school at lunch students could strike up casual conversation with international students coming from many different countries,

from South Africa to United Kingdom and others. Conestoga supports the diversity that their international students bring to the school, and the local students who contribute away from the work.

Other events included a fun tea party, a free film screening of *WOMAN* and a First Nations elder talking circle.

Diversity at Conestoga is not limited to a single week. In addition there are international DSA events and events. Students are encouraged to strike up a conversation with a first-time international student or to visit Henry in the Aboriginal Services office to get to know the cultures of our world a little better.



PHOTO BY MATTHEW BRANDELL/STAFF

Jazmin Maria Anthony, a first-year international technology and business analyst student, and Ferissa Maria Jones, a Psychology embedded systems development student, sing two songs at the opening ceremony one in Malayalam and another in Tamil, both South Indian languages.



PHOTO BY MATTHEW BRANDELL/STAFF

Miyaang Henry, Aboriginal Services manager, addresses students on The Greater and the importance of protecting our land with a history on the four nations coming together.

Draw-a-thon gets creative juices flowing

BY HELEN BIRNELL-VALDES

The fourth annual draw-a-thon at the K-W Art Gallery was held to those who wanted to have a free friendly day out on Oct. 15.

The full-day drawing event then featured two workshops with two different local artists. Isabelle Robinson held an Egyptian Coptic Workshop, which was a cool laboratory drawing activity used by artists when one person drew one part of a piece while the next person followed without seeing what the person before drew.

The second workshop of the day was led by Gabriela Kolchun. The focus was for participants to use their work, which is a mix of Arabic calligraphy and different media, to make their own pieces.

Then, part one of the famous addition in the draw-a-thon was the availability of here or there during Kolchun's workshop.

Prior to the date night, family time and everything in between, the draw-a-thon started at 11 a.m. and ran until 11 p.m. on Wednesday, October 16.

Tables were set up around the main entrance of the gallery which had all types of supplies for people to use. Clipboards holding baskets of paper with hole punches, pens for inspiration could also be found. In the middle of all the tables were separate instructions for different types of art one could do which correlated with the exhibition taking place in the gallery that day.

This event provided a safe and fun environment for people who want to create art but Kate Carver-Thompson, the second program coordinator says it allows for as much noise as being lost at it is



Joan Simons is a volunteer at the K-W Art Gallery, works on the day of the Egyptian Coptic drawing during the gallery's draw-a-thon on Oct. 15.



PHOTO BY HELEN BIRNELL-VALDES

Simons and Taylor Singh work together on the drawing as part of a workshop.



The finished collective drawing.

possible for everyone to be able to learn from and work alongside the community's artists. "The draw-a-thon is to ensure that some in promote the importance of being able to express the creative self of even the shy or those in a day."

"It's important for us in terms of accessibility that people can come in and feel comfortable in the space and not require and not have to pay out of pocket for it because we know sometimes that's a barrier. It's a barrier to the arts on particular," said Carver-Thompson.

The gallery hopes to be able to keep hosting the draw-a-thon each year and to also bring light to all the different types of cultures and art in the city. To learn more and keep up with events at the K-W Art Gallery, visit www.kwgallery.com.

K-W Art Gallery celebrates its 60th anniversary

BY ANDREW GARDNER

From a humble shed to a purpose-built accommodation in the Center on the Square, the K-W Art Gallery has come a long way. This year it is celebrating its 60th anniversary.

In the 1950s, four members — Ed K. (Edmund) Evans, Emma Jackson-Petersen, E. Jane and Sarah Williams — came up with an idea to start an art gallery to promote art pieces in the community. Their vision was fulfilled in 1953. The K-W Art Gallery

first started as a humble shed beside K/W College on King Street with an exhibition of artworks by Canadian artist Ben Thompson.

Jennifer Duford, Assistant Curator and curator at the K-W Art Gallery and from September 1958 to June 1962 drew over 17 exhibitions. "The first exhibition was an exhibition of Ben Thompson's works that was opened by A.V. Jackson (son) that was 15 paintings."

Jackson was a Canadian painter and one of the founding members of the Group of

Seven.

"During the first year there was an exhibition of student art work on, including those through Grade 12," said Nicole Newell, director of public programs. "In fact, Mondays and Tuesdays the gallery was closed so that school kids could come through."

Barney Black, executive director at the art gallery, began looking into the gallery's history in 2010. She sent a press release to CBC asking for the community's help.

In August 1958, the first board of directors was formed

and David E. Rasmussen, a lawyer at the time Smith, Christ and Rasmussen, was elected president. There were 16 members on the board. Volunteers and the Rasmussen, themselves, helped paint and clean the first gallery which was a humble shed.

In 1960, the gallery moved to 42 Bevan St., and there were 180 works on permanent exhibition. In 1966 it moved again, this time to 104 Queen St. Rasmussen and held 1,000 works in the permanent collection.

"We raise \$2 per cent from

the private sector, 25 per cent from municipal funding from the City of Kamloops and Whistler" said Black. "We also get eight per cent from the Canada Council Arts Foundation organizations and 11 per cent from Kamloops Arts Council."

The art gallery also shows some of the work of international artists in addition to Canadian artists.

The gallery is open to the public from Monday to Saturday between 9 a.m. and 6 p.m. For more information, visit www.kwgallery.com.

Waterloo Region Museum goes retro



PHOTO BY RALPH LINDEN

Reynold Baum, in group of seven, dresses from Kitchener, pose for a photo during Retro Family Fun Day at the Waterloo Region Museum on Oct. 18. For video story, go to www.waterlooonline.com.



PHOTO BY ANDREW SCHMIDT

Darville Jankowiak, a teacher at the Waterloo Region Museum, stands in front of a Genshops wagon erected Oct. 18. The museum is now hosting Family Fun Days on various Sundays throughout the fall. For video story, go to www.waterlooonline.com.

WHEN LIFE GIVES YOU APPLES



PHOTO BY MARION SCHMIDT

Philip Klossner-Baumgart, a historic teacher interpreter at the Joseph Schneider House in Kitchener, put apples into a wooden box which has blades that cut them into pieces. Those pieces then fall into a bowl and are dusted, making juice. The demonstration was part of an Apple Harvest Festival on Oct. 18 and 19.



1 in 5 survives
getserious.ca

"Before my diagnosis, I was a professional athlete. Life was good and the future was bright."

Learn more about Jung-Yul



Every Set of Lost Keys Has a Story

"We lost our keys, a lucky game of off road, including our expensive car. After that my former car. Our life happened. Key rings and other things were returned to us. Last week we came back to our car."

— Ben Kingsley

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Canadian Hearing Society (CHS) 1-800-467-8888

GUELPH ISN'T 'BASH'FUL ABOUT BOOKS

PHOTO BY ROBERT JONES

People gather at the Red Papaya restaurant in the Old Guelph Street Mall on Oct. 18 for Guelph's third annual Book Bash Festival. For video story, go to www.waterlooonline.com.



Kitchener scary inside and out



PHOTO BY JEFF STANLEY/STAFF

Top to bottom: Organizer Donald Hooper announces the rules to the group before the zombie walk begins Oct. 15 on Queen Street.

Revised: Performers from the *Les Misérables* live action role-playing group, demonstrates fighting techniques for the crowd.

A young girl sits with her mother and waits for the zombie walk. The group of zombies and costumed characters pose by the front doors of the Kitchener Public Library on Oct. 15.



PHOTO BY JEFF STANLEY/STAFF

Kitchener Leanne Eggler, organizer of Spooky Towns Haunted House, stand outside their family home when they converted into Saint Luke's Hospital for the seventh annual event. For video story, visit www.43news.com.

1 in 5 survives.
We can all do better.

Every 1 in 5 people with diabetes survives heart disease.

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Canadian Diabetes



PHOTO BY MELISSA LAMBERS

A Georgia women's volleyball player spikes the ball at the Grizzlies on Oct. 22. The Condors lost the first three of five sets, giving the Georgian College team the win over the Condors.

Condors clawed by Grizzlies

BY MELISSA LAMBERS

The Condors had their second women's volleyball match of the season on the road on home court against the Georgian College Grizzlies on Oct. 22.

Head Coach David Smith said that it is a rebuilding year with many new players on the roster as well as one player who is returning after taking a break. The team's volleyball skills were plain to see, but they just couldn't win a set. Smith watched as five sets lost the Condors ended up losing the first three.

Their first set was a little tricky because the players had to play together this much before. Despite that, they had some reasonably long rallies, but still lost 13-25.

In the second set they pulled

up the pace and performance. They made an effort to come back, throwing in some hard spikes and some tricky sets that kept the Grizzlies on their toes. The rallies became longer and more efficient but it was too little too late.

In their third set the Condors were looking good, so they were moving faster and putting on more sets. With each round they were getting better and better. However, the team still came up short.

"I think it went well. I think that coming off the Thanksgiving weekend and not having a practice kind of hurt us in the first set and a half but we made it back," said McLean. The Grizzlies had some well-organized and more powerful and power. The Condors now have four sets and lost 11 at 8 p.m. against the Georgian Grizzlies.

COLOURFUL LEAVES MEANS WINTER IS ALMOST HERE

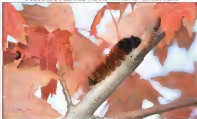


PHOTO BY MELISSA LAMBERS

We are in the middle of fall, the temperature is starting to drop and the leaves are changing colour – all signs that winter will soon be upon us. Above: a caterpillar enjoys some of the last warm days before he will burrow into the ground and emerge as an insect a few months from spring.

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